

the Collegian

Wednesday, October 5, 2016

sdsucollegian.com

SOUTH DAKOTA STATE UNIVERSITY'S STUDENT-RUN INDEPENDENT NEWSPAPER SINCE 1885

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Hope in a time of sadness

Connections were key to weathering emotional turmoil

KATHERINE CLAYTON
Editor-in-Chief

“I’m worthless.”
The thoughts would start swirling around her in mind.
“There’s no point of me being on earth.”
One after another.
“It would’ve been better if I hadn’t been born.”
It was a cycle of negative thoughts that just wouldn’t stop.
“I wouldn’t mind if I were to die right now.”
Elizabeth Scholl, junior medical laboratory science major, vividly remembers the thoughts that plagued her during her darkest days.
Scholl’s journey with mental illness began during her junior year of high school. She recalled taking harder classes and becoming overwhelmed.
Her depressed moods would typically be the worst on Saturdays when she was alone.
“I would just cry for two hours straight, and I just couldn’t deal with myself,” Scholl said. The hours of crying would also be accompanied by thoughts of worthlessness.
She began counseling and started taking antidepressants.
Scholl began school at South Dakota State University, and her freshman year went by without any issues. However, her sophomore year began and her depressed moods returned after she decided to stop taking her medication with her doctor’s permission.
She began to have panic attacks due to being heavily involved in clubs and organizations as well as taking 18 credits during her sophomore year.
“I felt so pressured into being involved in a

lot of things and that just led me to a breaking point,” Scholl said.
She remembers thinking, “I can’t focus. I can’t get this done. Oh no, I’m even more scared now. I can’t focus even more now.”
During the panic attacks, Scholl would start to feel “crappy,” have no attention span and sometimes dry cry or throw up.
“I’m not in control of my body,” Scholl said. “I’m just shaking and just thinking the entire time, ‘I just want to get out of this right now. I don’t want to feel this right now.’”
Since her sophomore year, Scholl has visited the Student Health Clinic and received medication and counseling for her anxiety and state of extreme sadness.

“
... It’s not something
that they need to hide

Elizabeth Scholl
Junior

Her junior year has been going “pretty well,” Scholl said. There are times when she still has low days, especially when she is alone for a majority of the day.
Through her experiences with mental illness, she has relied heavily on her friends and family.
“I don’t know how I would have gotten through things if they [my parents] didn’t live in town or if I didn’t have a strong friend group,” she said.
At SDSU, there are clubs and organizations

dedicated to helping students who are struggling with mental illness.
Lost & Found is a student-run organization with the mission of bringing awareness to mental illness and ways for students to get help.
“We definitely try to act as the middle-man between students and the Helpline Center and the counseling center so students know that there are resources if they’re stressed out or depressed or anything like that. There is help available for them,” said Collin Sherard, senior psychology major and events coordinator for the group.
The organization is for anyone who wants to attend, including people who may be dealing with a mental illness of some kind.
“We want everyone to understand what mental health is — that even if you haven’t gone through it, you can help someone if they are going through it,” said Meghan Perry, senior pharmacy major and director of marketing for Lost & Found.
Sherard stressed that the members of Lost & Found are not health professionals, but they will help anyone who needs help to find it.
Resources on campus include the Student Health Clinic and Counseling Services, the University Police Department and the Brookings Police Department in extreme circumstances, Helpline Center and Text4Hope.
“Even though you can’t see mental health and mental illnesses ... it is a real issue and concern amongst everybody,” Sherard said.
Ultimately, Scholl encouraged students who have friends struggling with mental illness or large amounts of stress to be there for them.
“I hope,” Scholl said, “... people realize that it’s not a bad thing to get help, and it’s not something that they need to hide.”

Student stress, anxiety lead to increase of counseling services

MAKENZIE HUBER
Managing Editor

Use of the South Dakota State Counseling Services far outpaces SDSU’s enrollment rate.
The Counseling Services growth rate is 91.7 times larger than the enrollment rate.
SDSU’s increase in mental health awareness exceeds surveys at the national level. This reveals the increasing prevalence of this issue at SDSU.
The national growth rate for increased mental health services on college campuses across the United States is five times larger than enrollment rates, according to the Center for Collegiate Mental Health.
Students using the Counseling Services at SDSU grew 27.5 percent between 2013 and 2015.
Now, university officials are finding ways to respond to this increase in mental health awareness. They have to do so while looking at why mental health awareness and mental illness are so prevalent among the SDSU student population.
“Increasing awareness doesn’t mean the problem is increasing,” said Darci Nichols, assistant Wellness Center director of Counseling Services. “It just means people are more comfortable identifying these issues and talking about them, which can give a perception it’s more prevalent when in fact it’s just more OK to discuss it.”
Nichols said she sees a correlation between these prominent issues and the amount of stress students face.
“As students are feeling more stress or under more stress ...

that’s going to lead to more presentation of symptoms and potential manifestations of mental illness,” Nichols said. “Because of the amount of stress students report experiencing, research shows college students are “under more stress than any other time in recent history.”
Most of this stress is caused by an unbalanced lifestyle, Nichols said. Eighty percent of students reported they are overwhelmed by their responsibilities, according to National Alliance on Mental Illness.
Students are under pressure to succeed and be competitive in their classes. They also have to find balance between academics, sleep, a social life, recreation and more.
“In society, we don’t tend to subtract things in life, you know, we tend to add things to our life that becomes having to rebalance everything again,” Nichols said.
Tyler Youngquist, senior music education major, is still finding a balance between school, activities and other obligations.
“I think for me it’s an ongoing process and, you know, finding my limit and making sure I stay within that boundary,” Youngquist said.
Sophomore year was a learning experience for Youngquist. That’s when he realized he was overly involved and it had a negative impact on him. Since then, he’s been working to focus more on his top priorities, such as school, spending time with his friends and other parts of his life.

Continued to A9

Increase in mental health awareness by the numbers

National	South Dakota State University
Anxiety Depression Relationship Problems	Anxiety Depression Adjustment Disorders
SDSU STUDENTS USING COUNSELING SERVICES	SDSU ENROLLMENT RATE
2013 - 934 students	2013 - 12,554
2014 - 1042 students	2014 - 12,557
2015 - 1191 students	2015 - 12,589

GROWTH RATE

- 27.5% growth rate for students and counseling services
- .3% growth rate for enrollment
- counseling services growth rate 91.7 times larger than the enrollment growth at SDSU

- **NUMBER OF STUDENTS SEEKING SERVICES INCREASED BY 29.6% NATIONALLY**
- **NUMBER OF STUDENTS TREATED BY COUNSELING CENTERS GREW BY 5 TIMES THE RATE OF THE NATIONAL INSTITUTIONAL ENROLLMENT.**



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Barry Dunn announces leadership vision in inauguration

IAN LACK
Reporter

Under the towering Coughlin Campanile and a clear, sunny sky, more than 1,000 people sat in attendance waiting for Barry Dunn to be inaugurated as the 20th president of South Dakota State University.

On Thursday, Sep. 29, President Dunn was officially installed in the inauguration ceremony that was held at the Coolidge Sylvan Theatre on the university's campus.

The former dean of the College of Agriculture and Biological Sciences was announced as SDSU's next president on April 25 by the South Dakota Board of Regents and took office May 23. The inauguration event served as his official installation.

This change came after former President David Chicoine announced plans to step away from the presidency in December 2015 to teach agricultural economics. He had been president of the university since 2007.

In his acceptance speech, Dunn an-

nounced the creation of a new program called "Imagine," designed to commit about \$12 million over the next 10 years to ensure that "no student is left behind." He also made a commitment to furthering research at the land-grant university.

"I stand before you, pledging with every part of me that this place will be a place where—regardless of ethnicity, race, belief system or station in life—an imagination can be the foundation of a future, with the beacon on top of our campanile, lighting the way," Dunn said.

The ceremony began at 3 p.m. with the presentation of the colors by Army and Air Force ROTC cadets and the playing of the national anthem by the SDSU symphonic band and concert choir under the direction of Jacob Wolles. It concluded with the university alma mater, "The Yellow and Blue," and a recession followed by a reception at the Dana J. Dykhouse Stadium.

Executive Director of the South Dakota Board of Regents Michael G. Rush presided over the ceremony and introduced speakers and guests to those in the audience, as well as spoke on behalf

of the university.

Among those in attendance were more than 20 delegates from other post-secondary schools across the country as well as representatives for Senator Mike Rounds, Senator John Thune and Representative Kristi Noem. Brookings Mayor Tim Reed and several university marshals were also represented the city and university.

Students' Association President Ally Helms spoke on behalf of the university's student body and remarked on Dunn's first months as president and his involvement with students.

"I don't think we could've had a more beautiful day," Helms said after the ceremony. "I really enjoyed his speech and I think his push for inclusivity and what he hopes to accomplish over the next ten years sets a really strong vision for South Dakota."

Robert Thaler, professor of animal science, delivered the introduction before President Dunn's appearance at the podium. He first met President Dunn in 1990 when they served on the state extension advisory board.

"For me personally, some of President Dunn's greatest gifts are his sincerity and true concern for everyone he interacts with," Thaler said. "South Dakota State is the people's university and President Dunn will redefine what it means."

SDSU's newly inaugurated president said he was happy to share the day with his wife, Jane Dunn, and their two sons, Thomas and Michael Dunn, who were in attendance with other close members of President Dunn's family. He also thanked his parents and the SDSU community—its students, faculty, staff and alumni.

The inauguration came after a series of events in the week leading up to the Thursday ceremony. These events included an employee picnic, and accomplishments and aspirations event for faculty and staff, as well as a student picnic and Frisbee throw.

"Thank you for using your imaginations and traveling with me this afternoon. This is our journey, and it's for real," Dunn said at the end of his address. "Thank you all again for coming and sharing this very special event with me."



Barry Dunn was inaugurated as the 20th president of SDSU Thursday, Sept. 29. He succeeds David Chicoine, who stepped down in May 2016. Here he embraces 18th president of SDSU Peggy Miller.

Absentee voting offers alternative method for college students casting ballots in 2016 election

IAN LACK
Reporter

Election officials hope absentee voting is the answer to South Dakota's small Millennial voter turnout.

According to the U.S. Election Assistance Commission, more than half of all voting American citizens still cast their vote in-person for every presidential election. But absentee voting is providing many voters, especially college students, with a way to ensure their vote is cast in November.

Samantha Parisien, junior agricultural communications major, used absentee voting in the 2014 general election. She plans to vote this way again but doesn't think many college students are aware of this voting ability.

"Most of us have just turned 18 and are only thinking about voting at a booth," Parisien said. "I'd say a lot of us still need to be told that you can vote even when you're away from home."

Absentee voting allows citizens to fill out a printed ballot and mail their choice of candidate to their county's auditor office. Voters are also able to fill out their absentee ballot in the office. The absentee ballot is then counted as if the voter had cast the bal-

lot in-person on Election Day.

Absentee ballots in South Dakota began being accepted Friday, Sept. 23. These ballots will continue to be accepted until 7 p.m. on Election Day, Nov. 8.

Absentee voting was not always designed for average voters, said Lisa Hager, political science assistant professor.

"Initially, absentee voting was something for people who served in the military or lived overseas," Hager said. "Now it's also being used by the elderly who can't get out to vote, people who live away from home, like college students, and people who are going to be too busy on Election Day."

It is expected that almost 30 percent of all votes cast this election will use the absentee process, according to the United States Census Bureau.

South Dakota allows no-excuse absentee voting so voters do not have to provide an approved excuse for why they are choosing to absentee vote. Voters must provide an approved voter ID with a photo or provide a signed affidavit confirming their identity in order to register to vote and then absentee vote.

Voting laws and regulations for this type of voting vary by state. For 13 states, there is no early voting, and an excuse is re-

quired to absentee vote. For three states, all voting is done by mail.

But even with this type of voting available, South Dakota Secretary of State Shantel Krebs said the state is not seeing enough voter turnout from Millennials.

In the 2012 presidential election, South Dakota ranked 45th in the country for 18 to 29-year-old voter turnout. The United States Census Bureau reported 36.4 percent of this demographic voted in comparison to the national 45-percent average.

"Absentee voting is something that's really integral to the voting process in our country and is something that can really be utilized by college students, especially those at this university," Krebs said. "For students who attend college away from home, this is the perfect way to stay involved if you registered out-of-state or in a different county."

On Tuesday, Sep. 27, Krebs met with students on campus to gather absentee ballots and promote a new app, "Vote 605," that allows voters to find polling places and auditors' offices and gather absentee ballot information.

Krebs hopes this app will help inform young college students about how easy it is to become involved in the election.

New "Outdoor Programs" offers off-campus adventures

LAURA BUTTERBRODT
Reporter

A new program offered by the South Dakota State Wellness Center allows students to get off campus without breaking the bank.

Outdoor Programs offers gear rentals and trips that take students on professionally-planned expeditions in the surrounding areas. Some of the rental gear include kayaks, canoes, hunting decoys, tents and Nordic skis.

There is hiking, camping, and backpacking for trips. A couple trips that students got to go on were the Badlands and Sica Hollow.

Justin Parks, the Outdoor Programs Coordinator, said the design of the program began with the climbing wall in the Wellness Center as the main focus. The goal of adding on to this program is to get more students outside and active in nature while learning leadership roles.

Shari Landmark, assistant director of the Wellness Center, said students can take part in different outdoor experiences with the program less than an hour away from campus.

Students can reserve gear for rentals or go to the Outdoor Programs desk across from the Wellness Center welcome desk. The desk is open from 3-6 p.m. on Mondays, Wednesdays and Fridays and 12-3 p.m. on Saturdays and Sundays. The desk accepts Hobo Dough, cash and credit cards as payment.

The gear that is available to rent was purchased from a previous program called Outback Jacks, which was located in the lower level of The Union until a few years ago, according to Landmark.

Prices for the trips depend on the distance and how long the trip will be. Gear rental prices range from \$1 to \$10 a day, depending on the item.

"The visibility (in the basement) was a problem, so what we're trying to do is make sure people find out about it because this is a wonderful opportunity," Parks said. "This is a beautiful state we live in, so why not get out on a long weekend or just enjoy a hike with your friends?"

According to Parks, the prices are made affordable for students and are much lower rates than would be found at an outfitter. Students can rent the gear in 24-hour time increments and are allowed to take the gear anywhere. The only rule Outdoor Programs has is that it isn't returned dirty.

The program began at the beginning of the semester, and the adventure trips program have generated students interest. According to Parks, the first camp and climb trip not only sold out, but also had a waiting list.



South Dakota Secretary of State Shantel Krebs speaks with SDSU students collecting absentee ballot applications about a new app, "Vote 605," that offers new information and services to South Dakota voters.

DAILY CRIME LOG

9.25.16
• 1:29 a.m. @ 8th St. 1400 block. Underage Consumption.
• 1:29 a.m. @ 8th St. 1400 block. Underage Consumption.
• 1:29 a.m. @ 8th St. 200 block. Underage Consumption.
• 2:06 a.m. @ 9th Ave. and Harvey Dunn. Agency Assist - Off Campus.
• 10:42 p.m. @ Student Health. Underage Consumption, Open Container.
9.26.16
• 11:44 p.m. @ SE lot F2. Underage Consumption, Public Urination.
9.27.16
• 2:40 a.m. @ Hansen Hall. Grease Fire.
• 8:23 p.m. @ Binnewies Hall. Poss. of Marijuana, Poss. of Drug Paraphernalia, Ingestion.
• 8:23 p.m. @ Binnewies Hall. Poss. of Marijuana, Poss. of Drug Paraphernalia, Ingestion, Underage Consumption.
9.29.16
• 10:01 p.m. @ Wellness Center. Harassment.

Classifieds

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Students learn about the future of news with social media minor

DIANE DYKES
Reporter

Students may know how to post on social media sites, but now they will learn to use social media effectively in the mass communication field.

For the first time, South Dakota State University is offering a social media minor. According to the Department of Journalism and Mass Communication, SDSU is one of the only institutions in South Dakota that offers one.

There are only four classes for the minor, and one of them offered for the first time this fall is writing for social media. Students in the class are challenged by writing for the Brookings Register and working as the social media team for the news outlet.

“Social media is now incorporated into so many different avenues, it is a must for news organizations, and it’s also really a must for strategic communicators from public relations and advertising,” said Teri Finneman, assistant professor in the department.

She said students need to think critically and in short messages for social media platforms. By doing this, news organizations could have a much larger audience and watch who sees these messages.

By having her students be the social media team for the Brookings Register, it allows them to practice and gain more experience.

Instead of these organizations training students on how to use social media when they enter the workforce, these classes will prepare students for journalism careers focusing on social media.

“When you have a billion people on Facebook you can’t afford to ignore people on social media,” Finneman said. “When you see an amazing climb in users of Snapchat with the Millennial and Generation-Z generations, these are platforms that need to be taken seriously as communication tools.”

Students use Snapchat and Facebook Live to create visual stories for events. The social media minor not only focuses on writing but on videos and pictures that appear on the internet as well.

The class focuses on deciding which platform is best for different stories and how to get the news to the viewers.

Kayla Justen, junior advertising major, said the social media minor is a “hands-on experience.”

Justen is currently enrolled in two of the four classes needed for the minor, but she hopes to complete the minor in the future.

“I have always been active in social media from a young age, and the analytics side of social media posts has always been an interest of mine,” Justen said. “Social media marketing is a new and growing field and I am thankful our university acknowledges changes within the advertising, marketing and journalism fields.”

Senate leaves Student Federation Voting amendment, 24-hour library resolution both fail

TAYLOR VOEGELE
News Editor

The Students’ Association has left the Student Federation.

Student Federation is the representative body for all South Dakota Board of Regents institutions for state legislation and other issues regarding South Dakota universities.

The decision was made automatically because SA ran out of time, according to an SA ordinance approved last spring.

The ordinance read that if sufficient changes weren’t made to Student Federation bylaws to better represent the interests of South Dakota State University in the Student Federation by Oct. 4, 2016, then SDSU would leave the organization.

During the Student Federation meeting Oct. 4, such changes were made that would persuade senators to stay in the federation. This included a constitutional change to have student governments only lobby on legislative issues receiving consensus from the Student Federation and a budget structure for a flat-rate fee.

But in Monday night’s meeting, senators voted against extending the deadline past the Student Federation meeting held Tuesday, Oct. 4.

Senator Amanda Dickinson, representing the College of Pharmacy and Allied Health Professions, said threatening to leave the organization was a good “bargaining chip” to get the changes SA demanded.

“I just wish that we knew all of the

information about ... [the Student Federation] meeting before pulling out,” Dickinson said.

Reasons some senators decided to vote against extending the deadline included financial concerns.

Other senators argued at the meeting that the Student Federation shows solidarity between all SDBOR institutions and served as a way for the colleges to communicate with each other.

“We are a big voice, but being behind the Student Federation would give us a bigger ‘oomph’ on what stance we take,” Dickinson said.

University of South Dakota’s student government joined SA’s stance last spring, saying that if SDSU left the Student Federation, then they would as well. Together, the two universities make up more than half of all students attending SDBOR institutions.

Now that the changes have been made but SA left the Student Federation, Dickinson predicts a resolution will be brought forward at the next SA meeting to rejoin the organization.

“If it is brought forward I will be one of the supporters for it as long as satisfactory changes have been met,” Dickinson said.

Other bills discussed at the Oct. 3 meeting included Resolution 16-03-R: SDSU Students’ Association Support for 24-Hour Access to Briggs Library for Graduate Students and Amendment 16-01-A: An Amendment to restrict the number of voting

>> Outdoor
Continued from A3

Eight students went on the overnight trip to Palisades State Park Sept. 4. McKinley Lain, freshman electrical engineering and ecology and environmental science double-major said the trip has been his best experience so far at SDSU.

“There is no better way to learn about and interact with the natural wonders around us while spending time with great people who will be friends long after the trip is over,” Lain said.

Once the Phase II Expansion of the Wellness Center is completed, there will be more storage space to house additional equipment, Landmark said. Having more equipment will allow more students to go on these trips.

Future trips offered include backpacking in the Badlands Oct. 8-10 and hiking Newton Hills on Oct. 23. There will also be various clinics offered that teach bike maintenance and canoeing lessons. Next semester Parks hopes to plan some skiing trips as well as a spring break trip.

Parks is planning a Jackrabbit Outdoor Leadership Training course (JOLT), where students partake in extracurricular leadership training, then help design and lead their own trip. JOLT will be offered this spring.

Another prospective feature is a custom trips program that will allow students to work with Parks to design a trip to a destination of their choice. Outdoor Programs would provide the transportation, gear, food and professionals to lead the trip, which are all currently included on the pre-planned trips being offered.

members able to sponsor legislation.

Kristi Tornquist, library representative, spoke to senators about the resolution and extending library hours.

“The library is interested in having a 24-hour access for all students, not just graduates,” Tornquist said.

The resolution failed, but Tornquist said the resolution will be discussed at the next Library Committee meeting.

Reservations toward approving the resolution included the extra costs in leaving the library open later, staffing concerns and the time it would take to put together the 24-hour access.

A possible solution for 24-access proposed at the meeting was to make a private study area open instead of having the whole library open to students.

Amendment 16-01-A addressed ways legislation can be brought forward to senators ahead of time. With enough senators sponsoring legislation, the bills would be approved without debate.

Vice President Lane Spiers said the amendment isn’t supposed to discourage people from voicing their opinions in a “healthy debate.”

The amendment failed.

The next SA meeting will be at 7 p.m. on Oct. 17 in the Lewis and Clark room located on the Upper Level of The Union. There will not be a meeting next week because of the Native American Day holiday on Oct. 10.



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the Collegian Editorial

One in five adults have a diagnosable mental illness.

There's still a taboo surrounding mental illness. Perceptions are still negative at times. But strides are being made to better address

Even for students who might not necessarily have depression or other mental illnesses, it's important for them to be able to talk about how they're feeling. Counseling Services gives them that opportunity to think through their thoughts. They learn how their feelings are valid. They learn that it's OK to not always be happy. They learn it's OK to feel emotions.

One in five.

Strides taken to address mental illness at SDSU are in the works, but there's still more work to be done.

The Collegian staff meets weekly and agrees on the issue of the editorial.
The editorial represents the opinion of The Collegian.

Why should they trust those around

I did fine in my classes, cracked occasional jokes and I still spent time with classmates and friends, which allowed me to convince myself that I was OK. When summer came along, and I no longer needed to keep up face, I still told myself that I was able to deal with my insecurity in the public eye.

Find your closest friend, an understanding teacher or even consider contacting a therapist. These people can help you cope with the stress that accompanies everyday life or perhaps something much more severe.

Benjamin M. Hummel is an English and speech & communications major at SDSU and can be reached at benjamin.hummel@jacks.sd-state.edu.

“What is your opinion on the mental health services offered at SDSU?”



Marco Paulo Castro
Civil Engineering
Junior



Zahdyra Kuldeyeva
Economics
Graduate Student



Nicole Wasserman
Health Education
Senior



Jonathan Sax
Mathematics
Junior

Lifestyles

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5

quick ways to de-stress




Watch Netflix



Yoga



Meditate



Color



Journal




Unplug for quiet time



Snuggle with furry friends



Listen to music



Take a shower/bath



Get some fresh air

BAILEY HILL • The Collegian

Tapping into Brookings’ top brews

SELENA YAKABE
Lifestyles Editor

Editor’s note: This week the “Five of” series was continued with some of the best locally-brewed craft beers.

There are a lot of bars with craft brews in town, so to narrow it down, I decided to focus on the brews that are super, extra local. As most people have probably already guessed, Wooden Legs Brewing Company was my destination.

First, I want to preface this with the fact that I am definitely not a beer connoisseur, and I basically have no idea what I’m talking about when it comes to different tastes. Don’t get me wrong, I love my beer, but I am not a professional beer taste-tester (though that would be awesome). In the spirit of trying to be a taste-tester though, I attempted to also determine what the beers smelled like. Let me put a little more emphasis on that — I attempted.

So, instead of leaving this article to be filled solely by my witty remarks, I sat down with Derek Schmidt, an assistant brewer at Wooden Legs, to learn a little bit more about the beers currently on tap and what makes them special.

I also want to note that there really wasn’t a particular beer that I did not like because, well, I just love beer. The only beers I’m really not a fan of are India Pale Ales (IPAs), but I even had an Imperial India Pale Ale (a.k.a a double IPA or IIPA) at Wooden Legs that wasn’t bad.

1. Tea 6 Ways: Pale Ale, 5.5% alcohol

What Schmidt had to say: That’s an interesting beer because it’s part of a larger project. It’s called that because we made that beer and then used six

different kinds of tea. The one on the menu is just the base beer that we use to add teas into.

Unfortunately, we are out of tea varieties, but they can still get the base variety. It’s a simple pale ale ... we’re not trying to make it the focus of the project, it’s just a nice solid base. The clean flavor translates well with the other ingredients, just a solid drinkable pale ale, no special ingredients.

What we did was made it out of 1:3 ratio of tea to beer, so we would make about five gallons of a certain tea, put it in a keg and blend with beer. Roll around and blend it and it would be tea beer.

My take: Before I talked with Schmidt, I didn’t realize there wasn’t any tea in there at the time, so I was pretty confused when the beer tasted more like drinking water to me than anything. According to their handy-dandy board hanging up behind the bar, it’s 5.5 percent, but it doesn’t taste like beer to me at all. It doesn’t even really have a smell, but I don’t really have a sense of smell...so, there’s that.

2. St. Isidore: Belgian Strong Ale, 8.7% alcohol

What Schmidt had to say: A strong ale is quite a bit stronger than the normal ale that we provide, it usually rides around 10.8 percent, but this time it turned out a little lighter. We tweak it every time we brew.

It has a fruity taste too, and you might taste some citrus in this one. Despite its high alcohol, you won’t get the taste of alcohol, so it’s fun to have it in moderation. Once you have two or three, I’d call for a ride home. We serve it in smaller glasses, as most higher alcohol beers are.

My take: When I smelled it, it smelled almost sour. I was trying to figure out what the flavor was, and apparently it’s citrus.

My companions did not like this beer, but I really enjoyed the flavor. It was probably my favorite. Leave it to me to have the beer with the highest alcohol content as my favorite.

3. Wild Hare: Cream Ale, 5.8% alcohol

What Schmidt had to say: This has to be the flagship beer. We brew it more and sell more of it than any other beer.

We use some corn in there ... very simple and easy, but full of flavor. It’s a good gateway beer for domestic beer drinkers because it has a familiar taste — sort of light, not obnoxious or upfront about flavor and there’s not too much hops so there’s not too much bitterness either. It has a bit of sweetness mostly due to the corn. We don’t add any other flavors.

My take: It kind of tastes like honey and smells like it, too. It even has the color of honey. There might not be honey in this beer, but that’s what it tastes like to me. This was also one of my favorites, but I hear it’s most people’s favorites, so I’m not very original in my thinking.

4. Shandy: Shandy, 5.8% alcohol

What Schmidt had to say: That is basically Wild Hare mixed with lemonade. It’s easy to drink and very refreshing, very light for people with lighter palates or that want something with a sweet kick. This is our second most popular beer we sell.

My take: This beer definitely smells lemony (as any shandy should) and tastes lemony as well, not surprisingly. But it’s not overly sweet.

It definitely seems like it would be good for people who aren’t crazy for the taste of beer.

5. #Drink Local Fresh-hopped Pale Ale: Pale Ale, 6.6% alcohol

What Schmidt had to say: The drink local, both amber and pale ale, are sort of a yearly fun thing at the pub.

It’s a wet hop beer where we take actual hop flowers and farm fresh, straight from a vine, and add them after the beer has been sitting in the fermenter for a week. Usually you use hops in pellet form because you usually have, at most, a week to use the hops in a beer when fresh ... with fresh you get lots of unique flavors, bitterness and grassy notes to local varieties. It’s unique because it only gets offered one time a year.

It’s a whimsical beer, so you may see them only once or twice a year, or once ever.

My take: For some reason, it sort of tasted like pickle juice mixed with beer, or maybe that was just the fresh hops coming out, which is funny because hops don’t really smell or taste pickle-like.

There is a very large possibility that my taste buds had started going a little numb at this point. But this one would probably be my second favorite. There was also an amber version of this #Drink Local, which was pretty tasty as well.

Some people like their vodka, tequila or other hard alcohols, but I am an avid beer drinker. I encourage you to get out of your comfort zone and try a few of these brews. If you can find a good sour beer, those are pretty tasty. There are also good craft brews around town in other bars, they just aren’t quite as local.

Too much involvement leads to stress

PALAK BARMAIYA
Reporter

Wake up. Skip breakfast. Go to class. Go to work. Grab lunch. Check email. Check planner. Attend meetings. Recreational time. Study. Eat. Sleep.

Sounds busy, right? This is the life of Kanishka Jayasooriya, senior electronic engineering technology, who follows this routine almost five days of the week. He is the president of International Relations Council and Sri Lankan Student Association. He is also a band member and involved with Greek Life.

Getting involved on campus has its benefits and drawbacks. Students have their own reasons for getting involved on campus, and for Jayasooriya, it’s making a difference and helping people feel welcomed.

He also thinks being involved keeps students occupied and helps them do well academically. Having a well-rounded schedule teaches students to keep up with their homework and meet deadlines.

“Keeping up with the schedule every day helps one to manage time for everything,” said Jayasooriya.

According to Addie Borah, Assistant director for Student Engagement, numbers of students getting involved in organizations has increased tremendously over the last few years.

With more than 200 student organizations, students can get involved with community services, promoting arts and sciences, raising awareness and going to conferences. By joining organizations on campus, students are able to meet people and get involved in projects.

Borah said involvement improves communication, public speaking, running meetings, conflict resolution, finance, event planning “and the list goes on and on.”

“There is a line to draw (between academics and campus involvement) and some students have difficulty drawing that line. And when they cross that line, they suffer, their relationship with the organization suffers. Therefore, having a good balance is important,” Borah said on being too involved.

Getting too involved might result in stress for some students as well.

Anna Chicoine, senior English major, felt overwhelmed last semester with working, being involved on campus and maintaining good academics.

This semester, working with the English Club, Hobo Day Committee and the Barnyard Cadets, she thinks she is doing better at balancing everything.

“You can’t do everything. It’s better to (get involved) in a few things and put your whole heart in that,” Chicoine said.

Helen Conzemius, junior advertising major and vice president of the University Program Council, has never felt overwhelmed by involvement. She thinks being involved helps in resume building, meeting professional staff, meeting other students and learning about different events and issues.

“With all the different events we have, it keeps us on our toes,” said Conzemius.

There are ways for students to still be involved without getting overwhelmed, Borah said,

“Really do your homework. Look at different organizations, go to meetings, talk to members, make your decisions. Academics comes first and foremost, therefore be thoughtful of where you want to invest your hours,” Borah said.

Working closely with a few student organizations, Borah has also seen students coming in with questions on how to manage things when they feel overwhelmed. She emphasized staff members and the program advisers would help students who have questions about getting involved.



BAILEY HILL • The Collegian

A flight of brews at Wooden Legs Brewing Company allows beer nerds to taste test multiple beers at a time. Certain brews are only around until they run out, but classics like the Wild Hare are a main stay.

The rut begins: tips to optimize your trip and fill your tag

MARK SANDQUIST
Reporter

There isn't a more exciting time of the year for bowhunters than the rut—the time of year when white-tailed deer are looking for a mate.

The rut typically begins around the end of October and lasts through the first part of November. These few weeks are the best time to catch some of the biggest deer in the area during daylight hours.

These tips from myself and Landon Johnson, a senior nursing student, will help archery hunters fill their tag during the prime time for deer hunting.

Scent Control – Due to their incredible sense of smell, white-tailed deer can be extremely tough to hunt. Thankfully for hunters, various scent control applications are available to help mask natural human odor. Spray down hunting clothes,

boots and gear liberally, and store them in a sealed tub away from unnatural smells.

“I take scent control very serious when deer hunting,” Johnson said.

Hewashes his hunting clothes in unscented laundry soap and makes sure to always apply spray to his boots.

“I specifically spray my boots since deer will have their nose to the ground during the rut,” Johnson said.

Pinch Points – Overlooked by many hunters, these areas can be excellent spots to hang a deer stand. During the rut, bucks are constantly searching for does in heat and pinch points are prime locations to cut them off.

Try setting a stand in a thick tree line between a large body of water and a harvested corn field. Since deer are elusive critters, they will want to avoid the open field, thus being funneled into the tree line and into bow

range. “I monitor funnel areas throughout the summer to understand deer patterns,” Johnson said. “Trail cameras come in very handy with this part of hunting.”

Climbing Tree Stands – Having the ability to adapt is key to successful deer hunting.

Hang-on or ladder-type deer stands often work well for specific wind directions. But improper winds can make hunting those stands unproductive and allow deer to catch your scent.

Additionally, many SDSU students hunt public land, and climbers come in handy as there is no need to run the risk of leaving permanent stands out on public grounds.

Johnson agrees that having a climber is important to quickly changing locations and keeping the wind in your favor.

All-Day Sits – Typically, deer

movement spikes during the early-morning and late-evening hours. As the end of October and the beginning of the rut nears, deer will begin to move more during daylight hours. During the peak of the rut, it isn't uncommon to see large numbers of bucks during the middle of the day.

Maximizing time in the stand tremendously increases odds of harvesting a mature deer. Make sure to have a comfortable stand, pack plenty of snacks and dress appropriately for an all-day hunt.

Johnson likes to get into his stand early and makes sure to stay late.

“When most people are leaving their stand for the morning or heading out for the evening, I like to be sitting in my stand, as they can push deer towards me,” Johnson said.

Getting Away From the Crowd – When deer hunting on pub-

lic lands, avoiding the crowd is an absolute must. Much of the public ground in the Brookings area receives a great deal of pressure from duck, pheasant and other deer hunters.


Archery hunters should look for isolated plots of land away from the crowds, which tend to hold better numbers of deer. The more work put in to access remote hunting locations, the better.

If private land is not an option, look for large parcels of public land containing water, adequate amounts of habitat and nearby food sources. The South Dakota Game, Fish and Parks does a nice job of planting thick tree belts on public lands, many of which hold deer.

Hunting away from the crowd is important in Johnson's opinion.


“Having access to private land is definitely a plus,” Johnson said.

Jack's Weekly Horoscopes




Aries

In regards to Hobo Dough, you may be jumping too far. It could also be this way for you and a budding relationship with a fellow Jackrabbit. Take it easy—don't spill all your carrots trying to get more.




Taurus

You might think you either need to give all your vegetables to help out a Jackrabbit or hop around the cabbage patch to be by yourself. Find a way to compromise — there are enough carrots to go around.




Gemini

Underneath that charming coat of fur, you might have a hidden agenda. You might be trying to hop your way to the top in a business matter, but you don't want to offend other rabbits. Just be honest.




Cancer

If you try to convince someone too hard that your rabbit foot is the luckiest foot out there, it might backfire. Try to focus on being a tactful and diplomatic rabbit, but don't let other rabbits boss you around.




Leo

Be social this week, Jackrabbit, because you might find it opens up opportunities to travel to different cabbage patches. Also, try to eat more vegetables—a dietary change is likely to be successful this week.




Virgo

You may be looking for new leaves to decorate your rabbit den, but don't go with the first deal you encounter. You might be able to find better leaves and bargains if you are persistent with your search.




Libra

Try to open your mind and imagine yourself living life in another Jackrabbit's paws. This could help avoid conflict with this rabbit. Seeing things in their perspective may help you get your own carrots in a row.




Scorpio

You might be feeling a little jittery and want to hop toward change. Change doesn't necessarily mean hopping more, though. It could be that what you need, Jackrabbit, is to be selective in where you are hopping.




Sagittarius

Try not to overthink a project you are collaborating on with a fellow Jackrabbit. Even something simple, like growing carrots, can be over-complicated if you make it. Maybe try a spontaneous approach instead.




Capricorn

Your busy week might keep getting busier. But it isn't for nothing, so put on your suit, Jackrabbit. Job offers will come your way and result in more Hobo Dough and carrots than you can possibly imagine.



Aquarius

The farther you are willing to venture out of the rabbit den, the more opportunities will arise. Trust your rabbit instincts and follow the path to new cabbage and carrot patches. The world is yours for the taking.



Pisces


Cabbage and carrot patches are at your fingertips, but now you have to decide which ones you will choose. You may be doubting your ability to hop that far, but you have to have confidence in your hopping abilities.



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Tuesday October 18th // 8-9pm

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Tuesday, November 8th // 8-9pm

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All meetings are held in the Wellness Center Conference Room.





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Common Read aims to raise awareness of mental illness

UMAIMA KOCH
Reporter

This year’s Common Read breaks away from the traditional narratives of hero characters whose work and ideas change the world.

Kevin Breel’s “Boy Meets Depression” addresses depression and other general issues of mental health.

The Common Read Committee recognized a stigma surrounding mental health not just at South Dakota State University, but in society overall. Committee members became interested in raising awareness of and empathy toward mental health.

Shelly Bayer, assistant director at the Center for the Enhancement of Teaching and Learning and one of the Common Read Committee members, especially wanted to open dialogue about a mental-health-focused book.

“I feel like on a national level (mental health is) becoming a great concern on our campuses—not just SDSU, but campuses as a whole,” Bayer said. “In our society, there’s been a lot of conversations about mental illness and ways to promote stronger mental health, mental well-being and I just felt like the timing was right to take on that type of topic.”

The Common Read began in 2009 after the university looked to improve specific areas of student engagement based on feedback from the National Survey of Student Engagement. It was implemented as a piece of the First-Year Seminars’ curricula, Bayer said, and was designed “to raise the level of academic challenge at SDSU; enhance awareness of diverse perspectives; increase faculty and student interaction and encourage, serve and promote enriching and engaging experiences both in and outside of class.”

Book nominations are online and open for the public, faculty, staff and students to join the Common Read Committee to help select a book. The committee reads selections from a narrowed-down pool of titles and ultimately votes on the upcoming Common Read.

Bayer said it’s OK to talk about mental illness, to seek help if they’re struggling and that SDSU is a supportive, safe environment.

“We’re always thinking about how

the students will relate, and the student perspective,” Bayer said.

Due to the authenticity of Breel’s novel, as well as the voice of his teenage-self narrating it, Bayer said the committee felt “Boy Meets Depression” was a relatable book for many SDSU students and that it was written in a way that would engage its readers.

Mental illness is a challenging topic, and the committee expressed concerns for how students dealing with mental illnesses would perceive the book. Committee members asked one student, who was working through mental illness, for his perspective.

“When I said we’re concerned about this book because we don’t want to make a mistake with it, his comment was, ‘The only mistake you could make is by not doing it.’ And that was what kind of motivated me to be courageous, because it is a rough topic,” Bayer said.

Amanda Muller, sophomore electrical engineering major, read “Boy Meets Depression” because she is a teacher’s assistant for Honors 100 and thought that, because the other students read it, she should too.

She believes that mental health is an important issue that doesn’t get talked about nearly as much as it should, and that right now is a great time to start the conversation.

“I think it has reminded me that everyone has their own struggles in life, and no matter how it might feel, no one is alone in their struggle,” Muller said. “I actually started using the counseling service at the Wellness Center this year for stress [and] anxiety. I am not sure if it was because of the book or not, but it didn’t hurt to hear the author’s experience with it.”

Bayer is pleased SDSU has the courage to take on the challenge of addressing mental health and illness sooner rather than later. She believes mental well-being, which is often avoided as a topic in society, is crucial to a person’s overall wellbeing.

“My biggest hope is that it actually creates hope for many people,” Bayer said. “That when they read this they realize they’re not alone—whether it’s a family member, or a friend, or a roommate or maybe themselves, that there’s hope.”



LEXIE PRIEST • The Collegian

To show support and raise mental health awareness, a candlelight walk traveled from the Brookings City/County Building through downtown on Oct. 3.

>> Counseling Services

Continued from A2

What’s most important to keeping students’ stress at a minimal level is being surrounded by other people, Youngquist said.

“I feel like a lot of mental health issues get worse when you’re doing something stressful, but you’re also doing it alone,” Youngquist said. “Just being able to plug in, get connected and let people help you with things.”

But stress isn’t just focused on balancing life. A serious problem at SDSU is for students to work through adjustment issues. This can include the transition stage for freshmen, adjusting to more rigorous course loads for sophomores and juniors and trying to maintain control of future plans for seniors.

Nationally, each grade level uses about a 20 percent chunk of counseling services offered on different campuses. At SDSU, freshmen take up more than 25 percent of counseling services.

Nichols expects the increasing trend of students using Counseling Services at SDSU to continue in coming years. She said the university will need to be ready to respond to this need.

The Wellness Center is in the process of expansion, which will give Counseling Services more resources and counselors to work with.

Even with the increase seen over the past few years, SDSU has had to respond by hiring more staff members. Nichols said this is a “direct result of need.”

“If we add a provider, we don’t ever have difficulty with filling a case load,” Nichols said.

Youngquist said he understands college is stressful, but it’s also important for students to know their limit.

“We’re doing something that requires a lot of money and a lot of effort and it’s hard,” Youngquist said. “And if you don’t find the right resources, that can be debilitatingly stressful sometimes.”



PHU NGUYEN • The Collegian

Attendees walk through Downtown Brookings in a candlelight walk held after the forum “Depression is Not A Choice.” The forum discussed the impact mental health has on individuals, family members and the community.

How mental illness affects the college student’s role

TAYLOR VOEGELE
News Editor

A 10-page paper, being involved in two organizations, three exams, miscellaneous homework assignments and getting behind on notes in classes are some examples of student responsibilities. The stress attached to these responsibilities can manifest into mental illness.

Anders Svensen, sophomore business economics major, pushes through stressful situations by taking a break from homework to spend time with friends.

“Best way to do it [overcoming stress] is by hanging out with friends,” Svensen said. “Also getting a proper amount of sleep every night helped me a lot.”

Over time, stress can weigh students down and eventually develop into mental illnesses if they aren’t checked, said Darci Nichols, assistant Wellness Center director of Counseling Services.

Thirty percent of college students have reported feeling so “down” that it was hard to function, according to the National Alliance on Mental Illness (NAMI).

Nichols said the most prevalent mental illnesses among students are anxiety and depression.

Statistics show that one in five adults have a mental health condition, according to NAMI.

Bradley Woldt, head of the Department of Psychology, said family history can play into their mental health.

“If a student’s family has a history of mental illness, he or she is vulnerable to developing a mental health condition with the increased stress college has, and it will eventually manifest itself,” Woldt said.

According to NAMI, there are many ways to help relieve some of the stress, anxiousness and depression students might come across. Students can start managing stress by creating a to-do list, exercising, getting enough sleep and listening to relaxing music.

Being comfortable enough to talk to community assistants, a counselor or family and friends can help make sense of the situation.

Katelyn Smith, fifth-year senior food science major, said time-management helps her to say relaxed.

“Organizing everything that I have planned to do during the week (helps),” Smith said. “Also being able to talk to classmates and professors helped a lot as well.”

Nichols said anxiety and depression not only have a mental toll on the body, but they can also have a physical impact on students. Anxiety can cause headaches, nausea, anxiety attacks and somatic complaints.

Somatic complaints are those that have no medical explanation. The complaints of physical ailments may be real to the person affected,

but physically there is no evidence.

Depression can cause headaches, mood changes, inability to experience joy and antisocial tendencies.

Nichols also said anxiety and depression can impact class attendance, affect concentration and the ability to focus on schoolwork or anything else of importance.

Anxiety can impact class attendance and can also portray itself as procrastination. Anxiety also can cause a student’s ability to complete homework or study.

Depression can impact sleep which can later manifest itself as an attendance issue. Depression can take a toll on motivation to the point where it just “slows you down,” Nichols said.

Talking to someone is one of the most effective ways to relieve anxiety and depression. However, there are a few steps students can take by themselves that may help.

NAMI mentioned yoga, meditation or exercising in general can be ways to help relieve built-up emotions.

Although students may not be experiencing these difficulties, they could be in a position to help a friend or classmate who looks like they are experiencing emotional distress, according to NAMI.

Speaking up and letting the student know people care about them could help them get help.

This page honors the people whose lives ended too soon because of suicide.

Every day your loved ones think about you.
Your smile. Your laugh. The struggles you had.
The person you were.
Yes, you are gone, and you are missed dearly.
You will never be forgotten.
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At the annual Military Appreciation game on Oct. 1, 75 American flags, each military branch’s flag and the POW/MIA flag were flown along the top of the east side of the Dana J. Dykhouse stadium. Kane Louscher was one of several players to carry American flags onto the field.

LEXIE PRIEST • The Collegian

Jacks offense looks to stay hot against Southern Illinois

TRENT ABREGO
Sports Reporter

The South Dakota State Jackrabbits football team will face off against the Southern Illinois Salukis in Carbondale, Illinois, for the first meeting between the two opponents since 2013.

On paper this matchup proves to be a high-scoring affair as both teams have potent offenses. SDSU, who is ranked No. 12 in the Football Championship Subdivision, leads the Missouri Football Valley Conference in scoring per game, averaging 45 points. Southern Illinois is fourth in scoring in the MVFC, with an average of 32.8. Both teams have defenses that have seen some troubles this year as both are giving up 29.8 points per game.

The Jacks (2-2,1-0) are coming off a 52-14 win over the Western Illinois Fighting Leathernecks. The victory was especially due to the help of the defense, who allowed only 159 passing yards and a net of 183 rushing yards. Entering that game, the defense was a major concern for the Jacks, but they answered critics with their stellar performance.

“We were just able to do the job, stop the run and able to settle down defensively,” Head Coach John Stiegelmeier said.

The Salukis (2-2, 0-1) are coming off a 42-21

road loss to the University of Northern Iowa Panthers. In this game they turned the ball over three times and gave up 398 yards of offense.

The SDSU defense is led by redshirt freshman linebacker Christian Rozeboom, who returned an interception for a touchdown last time out, and senior linebacker Jesse Bobbit.

Dallas Goedert, the junior tight end for the Jacks, is coming off a career best performance, catching eight passes for 204 yards and four touchdowns. He won MVFC Player of the Week with his performance.

“The tight end (Goedert), in my opinion will be a draft pick. He’s a really good player,” SIU Head Coach Nick Hill said.

SDSU junior receiver Jake Wieneke had seven catches for 102 yards against Western Illinois.

“They’re really big receivers and really impressive on offense. They make tough catches,” Hill said.

Quarterback Taryn Christian is coming off a great performance, throwing five touchdowns and 361 yards against Western Illinois. Christian now has 15 passing touchdowns on the season, which is third-most in the FCS. He leads the FCS in quarterback rating with 189.2.

“It all starts with the o-line, and I don’t think I got tackled once,” Christian said.

The SDSU offense will be well off if they can manage to buy Christian as much time as they did against Western Illinois.

“The fat guys on the line impressed me the most, they were spectacular in our win last weekend,” Stiegelmeier said.

The SIU defense is led by senior Deondre Barnett who has four forced fumbles on the season. Barnett is also seventh in the FCS with four sacks this season.




Senior Josh Straughan, the Southern Illinois starting quarterback, leads the conference in passing yards per game. Straughan is 351 yards away from 7,000 passing yards throughout his college career. He is the ninth-ranked quarterback in career passing yards in the FCS.


The Salukis are ninth in the FCS in passing offense so far this year. They also have a good running back, sophomore Daquan Isom, who coach Stiegelmeier calls “the best player on the team.” Isom is the seventh-ranked rusher in the Missouri Valley Football Conference. The Salukis also use Isom as a part of their passing game, and he can be used as a threat in many different ways.

“We just have to be able to defend their passing and attack their base defense,” Stiegelmeier said on the keys to defeating the Salukis.




GAME NOTES:

- The all-time series is 3-3 between the two teams.
- SIU won the last meeting in 2013, 27-24.
- SIU has defeated a ranked team in 14 consecutive seasons.
- Wieneke and Goedert are tied for first and second in receiving touchdowns this season with eight and seven respectively.
- Both teams are 100 percent in the redzone.





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ATHLETE OF THE WEEK

DALLAS GOEDERT



ANDREW HOLTAN
Sports Editor

The Jackrabbit tight end had eight catches for 208 yard—both were career-highs. Four of his eight catches went for touchdowns, which tied the SDSU record for touchdown receptions in a game. With his performance, he was named Missouri Valley Football Conference Player of the Week. Goedert now has a team high of 453 yards and seven touchdowns.

Year: Redshirt Junior
Hometown: Britton, South Dakota
Major: Operations Management
Honors: Goedert was named to the All-Missouri Valley Football Conference First Team in 2015 and a preseason All-American for the 2016 season.

Golf

The South Dakota State men’s golf team finished ninth out of 12 teams at the Bill Ross Inter-collegiate in Raymore, Missouri. The tournament was hosted by the University of Missouri-Kansas City.

Grand Canyon University won the event.

The Jacks shot a total of 898 in the three-round tournament. Sophomore Jaxon Lynn led all Jackrabbits shooting a two-over par 218, which was good enough to tie for

Soccer

The Jacks soccer team recorded a season-high 21 shots and allowed a season-best three shots in a 1-0 win against Fort Wayne in their conference opener on Saturday, Oct. 1.

The Jacks’ four-game winning streak is the longest since winning six straight games during the 2013 season.

After the win, SDSU moved to 6-4-1 overall and 1-0 in conference play. The match lasted more than four hours due to a lightning delay and ended up being the longest match in SDSU history.

“I was very proud of the team for dealing with the adversity of the lightning delay to still get the win,” head coach Lang Wedemeyer said. “It was a good start to conference play for us, but there is much work yet to be done.”

12th. Lynn birdied on 12 holes during the tournament.

Sophomore Alejandro Restrepo tied for 45th, shooting a 229. Fellow sophomore Alejandro Perazzo tied for 49th after shooting a 230.

Rounding it out for the Jacks were seniors Grant Smith and Trevor Tobin, who finished 52nd and 58th, respectively.

The Jacks will conclude their fall season at the Florida Gulf Coast University Classic in Estero, Florida Oct. 24 and 25.

Sophomore Kyli Nelson scored the lone goal of the match in the 17th minute, and junior Nicole Hatcher got her team-leading sixth assist. That was Hatcher’s 10th point of the season.

Senior Nicole Inskeep and redshirt freshman Maggie Smither stole the show as they both recorded a save in the shutout win.

SDSU tallied 21 shots on goal, which was the most in a game since their last meeting with Fort Wayne in 2015 when they had 29.

The Jacks are now 9-1 in Summit League openers with the only loss coming in 2012.

The Jackrabbits return home next weekend taking on Western Illinois and Oral Roberts on Friday, Oct. 7 and Sunday, Oct. 9.

Cross Country

The SDSU men’s and women’s cross country teams both won the SDSU Classic Saturday at Edgebrook Golf Course in Brookings. This was their fifth consecutive year winning this race.

Senior Joel Reichow won the individual title for the second year in a row on the men’s side. He won the 8,000-meter race, finishing in 25:31.22. He bested his time from last year of 26 minutes and 40 seconds.

“We got out of it what we needed to,” said head coach Rod DeHaven. “The next two weeks will be big. We’ll just need to get a nice training block in here and hopefully be ready to race even better in a couple weeks.”

Sophomore Ayub Kasim ran a personal-best with a 25:35.29, finishing right behind Reichow in second place. Other runners included senior Brendan Sage who finished in third, senior Trevor Capra in fourth and freshman Chase Cayo took fifth.

SDSU’s Rachel King and

Emily Donnay, who are both sophomores, finished one and two on Saturday in the women’s race.

“I think Emily [Donnay] and Rachel [King] did what they needed to do,” DeHaven said. “Just control things and not put out more effort than they needed to. I thought Emily Berzonsky ran really well too. I’m happy with the progress of the group as a whole. We wanted to get some confidence for our first-year kids, which I think we did that. Now we just have to get better.”

King won the 5K race in 17:50.60, and not far behind her came Donnay in 17:52.56. They both bested their time from last year by more than 15 seconds each.

Other Jacks that placed were Emily Berzonsky finished with third, freshman Kendra Dykstra fifth, and Jamie Schweiss placed seventh.

After a weekend off from competition, SDSU will return to action Oct. 14 at the Bradley Classic in Peoria, Illinois.

Tennis

The Jackrabbits women’s tennis team captured three championship titles this past weekend at the Bluejay Invitational in Omaha, Nebraska.

Senior Iasmin Rosa did not drop a match this weekend, winning the flight A singles tournament and flight A doubles tournament with her partner, sophomore Morgan Brower.

Emily Van Dijk and Maria

Laura Velazco won the flight B doubles. In flight C singles, Velazco won the first round, but lost to UND before beating teammate Laura Romero. In flight D singles, Van Dijk won the first round against Doane, but then fell to University of North Dakota and University of South Dakota.

The Jacks travel to the ITA Regionals Oct. 13-17 in Minneapolis, Minnesota.



Before the Jacks played Western Illinois on Oct. 1, players lined up to watch the coin toss that determines which team starts with possession. The Jacks are home again on Hobo Day, Oct. 22, at 2 p.m. against Youngstown State.

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October (cont)

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FANTASY FOOTBALL

By CURTIS SAGER

Injuries got you down? Are you having trouble getting wins in fantasy football? Are you the laughing stock of your league because you can't win? If you relate to any of these, then you're obviously not reading the Fantasy Football Update for all your fantasy advice needs. Welcome to this week's edition—I hope you find it useful and informative.

Players who exceeded expectations:

MATT RYAN

Quarterback
Atlanta Falcons

Remember back a few weeks when I ranted about how more people need to be utilizing Matt Ryan because he is playing great this year? Well he is still owned in less than 80 percent of leagues, and he is by far the #1 scoring fantasy QB this year, putting up 42 points this week. Need I say more? Ryan is a stud and you need to own him. He just torched the Panthers for over 500 yards passing and four touchdowns. He exceeded expectations this week—kudos to you Matt.

LE'VEON BELL

Running Back
Pittsburgh Steelers

After being suspended the first three weeks of the season, Bell exploded back onto the scene this week in a blowout victory over the Chiefs. He carried the ball 18 times for 144 yards and added five receptions for 34 yards. He did not score a touchdown this week. Unfortunately for his fantasy owners, DeAngelo Williams took away a TD from him. But it's still safe to say that Bell will be scoring plenty of TDs in the very near future.

JULIO JONES

Wide Receiver
Atlanta Falcons

Do I even need to go into details on this one? Jones had one of the best days receiving in the history of the NFL with 12 receptions, 300 yards and one touchdown. If that isn't dominating, I don't know what is. After a mediocre first three weeks, averaging 10.2 fantasy points per game, Jones put up a whopping 36 this week, and, 48 for PPR leagues. If you have Jones, congratulations on your victory this week. I am going to assume he will be carrying a lot of teams to championships this year.

MIKE NUGENT

Kicker
Cincinnati Bengals

I am going to be completely honest. Whenever I get the chance to feature a kicker, I do. It only happens once in a blue moon, but I feel the good ones deserve some recognition. Nugent made five field goals while also adding an extra point. It was not an overly exciting performance, but it was good enough for 16 fantasy points, which was more fantasy points than all but one tight end. Nice week Nugent—I wish you kicked for the Vikings.

Who to watch for next week:

JOE FLACCO

Quarterback
Baltimore Ravens

This is my favorite part of fantasy football: having to deal with those pesky bye weeks and deciding on favorable matchups for those players you need to fill the gaps. Flacco is averaging 19.5 points per week this year, making him the 16th best QB. The upside this week is that he is playing the Washington Redskins, who have given up the eighth most points to opposing QBs. If your QB is injured or on a bye this week, use the trusted veteran to help.

TERRANCE WEST

Running Back
Baltimore Ravens

This one was not planned, I swear. Typically, if I put two players from the same team up here, it's because I am impressed by them or they stood out significantly the week before. West is up here, following Flacco, simply because he also has the favorable matchup. Owned in 45 percent of leagues, West is coming off a 17-point fantasy game. He is also playing the Redskins, who have given up the second most points to opposing RBs. That is a great matchup, so I would play West as a RB2 with major RB1 upside.

DONTRELLE INMAN

Wide Receiver
San Diego Chargers

Inman, who is owned in less than one percent of ESPN leagues, is coming off his career best game—seven catches for 120 yards and a touchdown. He is becoming a safe target for QB Philip Rivers, which is good for both of them considering Keenan Allen injured. Where Inman really gets the nod this week is that his Chargers are playing the Raiders, who have given up the second most fantasy points to opposing receivers. Another good matchup for an underachieving player this week.

PITTSBURGH STEELERS DEFENSE

The Steelers defense is less than extraordinary; they rank as the 24th best defense in fantasy this year. I would play them this week and this week only. They are playing the New York Jets who have so far given opposing defenses the most fantasy points this season. As I said, the Steelers Defense is not a safe play every week. But until Jets QB Ryan Fitzpatrick can figure out that he is supposed to be throwing the ball to his receivers and not opposing defenders, you should take advantage of this favorable matchup.

That's it for this week—I hope you enjoyed my column. I think I should probably stop bragging about the Vikings' success. But on the other hand, it is my column and I always do what I want. SKOL! If you need to let out some steam, have fantasy questions or simply want to argue with me about what you just read, please let me know on Twitter @GoodFntsyAdvice.

A true leader: backup quarterback leads from the sideline


TRENTON ABREGO
Sports Reporter

Even though he's only thrown eight passes this year, senior quarterback Zach Lujan has made a difference for the South Dakota State football team by standing on the sideline. Lujan started eight games last season, throwing for 1,861 yards and 16 touchdowns. Sophomore quarterback

Taryn Christion started the other four games after Lujan went down with an injury. The starting quarterback for the 2016 season was not named until the week of their opening game against Texas Christian University. Christion was named the starter and took control over the offense. This did not hurt the friendship between the two of them though.

"We hang out on and off the field, watch film together, the whole nine yards," Lujan said. Head Coach John Stiegelmeier thinks this is something positive both for the team and themselves. "That just goes to show what type of people they are. Great people," Stiegelmeier said. Christion agreed that their friendship has grown stronger. "It's a great friendship between us and we have gotten really close," Christion said. After every offensive drive, whether positive or not, Lujan's leadership is on display. Christion runs to the sideline and sits on the bench up against the grandstand—Lujan then comes to offer praise and critique. "He just reminds and tells me to slow the flow of the game down and to get my reads down," Christion said. "He just has my back." Lujan had a similar experience in 2014 when he stepped in as the new starting quarterback after Austin Sumner went down with an injury. "I am just trying to do what Austin [Sumner] did for me, giving him [Christion] the wisdom that I've learned over the years," Lujan said. Christion sees the same leadership qualities in Lujan that Zach saw in Sumner. "I have looked up to Zach [Lujan] since I was a senior in high school," Christion said.

Lujan admits it hasn't been easy making the transition from starter to mentor, but he still takes on captain duties to the best of his abilities. "It's tough as a competitor, you want to play and compete, but I'm ready to help the team in any way on or off the field," Lujan said. Stiegelmeier knew that it would be a tough transition for Lujan, but thinks he has handled it well. "I have been more than impressed in how he [Lujan] has handled it, I mean senior, captain, backup is a pretty awkward title, but he's dealt with it good and shown he is a team-first type of guy," Stiegelmeier said. Christion isn't satisfied with just being the starting quarterback, though; he wants to win as well. "We have two losses so saying I am satisfied with the performances would just not be true," Christion said. It has already shaped up to be a good year for the sophomore quarterback. He has 15 passing touchdowns this season, which is third in the FCS, and he has a throw completion percentage of 69.7. Lujan has also seen the field in all four of the Jackrabbit games so far this season. He has completed four of his eight passes for 62 yards and two touchdowns. Lujan came into the game twice against Cal Poly after Christion came off the field with an ankle injury. "I will always be ready to be the next guy up off the bench," Lujan said.



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Volleyball ends 10-game losing streak with win against Omaha

HANNAH NIEMAN
Sports Reporter

The South Dakota State volleyball team went 1-1 this past weekend, ending a 10-game losing streak as they swept the University of Nebraska Omaha Friday night.

The Jacks then fell to the University of South Dakota three sets to none Sunday afternoon, falling to 2-13 overall and 1-2 in Summit League play.

Senior Ashley Beaner led the offense with a match-high 15 kills against Omaha, while freshman Makenzie Hennen added 10 kills. Sophomore Mattison Munger finished with 33 set assists and 10 digs. Junior Ellie Benson recorded a match-high 24 digs.

The first set had 12 ties and seven lead changes before the Jacks won 25-23. In the second set, the Jacks took an early 10-5 lead, but Omaha came back to tie the game. It was then tied 10 more times until a kill from Hennen ended the set at 25-21. SDSU trailed late in the third set, but scored five consecutive points to come back and win 25-22.

“We’ve had a few really good matches leading up to this, so obviously my hope was that it was only a matter of time before we put it together,” Head Coach Nicole Cirillo said. “Even facing adversity with some lineup things that are going on, on the team, we were still able to execute and more importantly fight for the match.”

Beaner also led the attack against USD, finishing with 14 kills and seven digs. Munger recorded her second consecutive double-double with 24 assists and 12 digs.

The Jacks took an early lead in both the first and second sets, but USD rallied back to win both of them by the score of 25-19. USD led from the beginning of the third set and closed the game with three consecutive kills to win it 25-15 and take the match three sets to none.

Cirillo said she was excited about her team’s ability to continually push back against Omaha when they would get down, but that the team went backward in that aspect when playing USD.

“I think we continued to fight on the

defensive front. We fought hard and we fought until about 15 points and then they kicked it into high gear and we didn’t,” Cirillo said. “We couldn’t come up with the answers for their offense at that point. From the mental standpoint, that is something we are going to continue to work on.”

The Jacks will travel west to take on the University of Denver at 8 p.m. on Friday, Oct. 7 in Denver at Magness Arena. The Pioneers are the two-time defending Summit League regular season and tournament champions.

Denver was also voted as the 2016 Summit League preseason favorite and will come into the match 10-5 overall and 2-1 in the Summit League.

The Pioneers have an attack percentage of .261 on the season and 2.47, which are both the best in The Summit League. They also average 13.35 kills per set which is second best in the league.

Denver is led in offense by Junior Kayla Principato who has 146 kills on the season, followed closely by Ruth Okoye with 120 kills. Senior setter Monique

Domme leads the Pioneers in assists with 294.

On defense, the Pioneers are led by junior Cassidy Rooke who has 197 total digs and Okoye who has 62 total blocks. Okoye is also the best in The Summit League in blocks per set with 1.19.

The Jacks come into the matchup averaging 11.14 kills per set and an attack percentage of .136, both of which are second to last in The Summit League. They also average 1.39 blocks per set, which is last in the league.

Ashley Beaner leads SDSU offense with 172 kills and 3.51 in kills per set, which is fourth best in The Summit League. Munger leads the team in assists, averaging 9.13 per set, which is fourth in the league.

Denver leads the all-time series 6-2 and have won six in-a-row against the Jacks. SDSU has been swept in 10 of their 13 losses this season and is 0-3 on the road. Denver is 4-1 at home this year and have swept five teams in their 10 wins.



LEXIE PRIEST • The Collegian

The Jacks celebrate after winning the first set against University of Nebraska-Omaha on Sept. 30. SDSU won 3-0, ending a 10-game losing streak. The Jacks will be back at Frost Arena on Oct. 11 at 7 p.m. against NDSU.

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